

MOMS STRESS MANAGEMENT COURSE



- Are you a mother or foster mother of a child under 18 years old?
- Are you feeling stressed or overwhelmed by daily life and parenting?
- Would you like to participate in an online stress management course from home?
- If so, this opportunity may be a good fit for you!



INVITATION:

- Join MOMS Stress Management to learn practical skills for managing your stress, including problem solving, communication, and relaxation.
- The course involves 8 group classes meeting once per week over the online meeting platform Zoom.
 - **Class in Mandarin starts**
 - July 8th, 2026, 12:00 PM- 1:30 PM
 - **Class in English starts**
 - July 9th, 2026, 12:00 PM- 1:30 PM
- MOMS Stress Management is a free course. Participants can also earn up to \$40 for completing program-related surveys.

WHO IS PROVIDING THE PROGRAM?

The program is provided by CBWCHC. CBWCHC is a federally qualified health center offering comprehensive primary care and social services to all, regardless of ability to pay or language.

HOW TO LEARN MORE ABOUT PARTICIPATING:

To see if you're eligible to participate in the program, or to get more details about participating, please contact:

email: moms@cbwchc.org
phone: (929) 659-8357



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